

## Motivational Interviewing (Mi) For Drug Addiction Treatment

by Evolve Indy | May 20, 2022 | Blog | 0 comments



Motivational Interviewing (Mi) For Drug Addiction Treatment can be an extremely effective way to overcome your dependencies and addictions, helping you to regain control over your life so that you can work towards health and happiness as a drug-free individual.

Motivational Interviewing (Mi) For Drug Addiction Treatment is a positive approach to [drug addiction treatment](#) that focuses on you, the patient, as the main source of inspiration, providing a more optimistic and energetic style of support that aims to assist you with your drug addiction in a motivational manner that will help you to change for good.

### What Is Motivational Interviewing (Mi) For Drug Addiction Treatment?

Motivational Interviewing (Mi) is a treatment used to motivate patients to change their destructive behaviors in an inspiring way, promoting long-lasting results. This technique is frequently used for drug addiction due to the fact that poor motivational levels can be the greatest barrier for those struggling with substance dependencies and addictions, despite the numerous health concerns and the financial, social, and legal side effects that come with such a lifestyle.

The main ethos behind Motivational Interviewing is that all patients who are dealing with dependencies and addictions are still aware of the countless negative consequences of drug abuse even if they are currently choosing to ignore them. So, a therapist can pinpoint a patient's standpoint and help them to work towards acknowledging and accepting the many risks and implications of drug abuse in order to help them to motivate themselves to make a change.

It's a process that can be one of the most effective long terms, as the patient is assisted with changing their own perception and opinions to improve their own health and well-being for years to come.

### 7 Steps Of Motivational Interviewing (Mi) For Drug Addiction Treatment

There are seven essential steps to Motivational Interviewing (Mi) that are always utilized during the Mi therapy process. This includes:

- Motivation from the patient rather than outside sources.
- The patient is the one who is responsible for resolving their own ambivalence, not the counselor.
- A patient's ambivalence can't be resolved using direct persuasion.
- The counselor gently extracts relevant information from the patient.
- The counselor guides the patients in recognizing and releasing their own ambivalence.
- Accepting the need to change is a result of encouraging interaction, not a trait.
- The patient-counselor relationship should be a partnership based on the patient's individual needs.

Motivational Interviewing is a patient-focused counseling pathway, which means the main aim is to understand what the patient themselves wants, rather than what their counselor might believe to be best for them. This of course requires empathy, listening, and the ability to create strong bonds with patients to promote trust and openness.

### Where Can Motivational Interviewing (Mi) For Drug Addiction Treatment Be Found?

Motivational Interviewing (Mi) For Drug Addiction Treatment can be accessed in a number of different ways, as there are several treatment methods that include or can be adapted to accommodate Mi. For example, you can choose a [Partial Hospitalization program](#) that allows you to access intense support without having to stay overnight. Alternatively, you can pursue an [Intensive Outpatient program](#) that helps to prepare you for life outside rehabilitation (and the many temptations and risks that can come with it). Lastly, you can find an [Outpatient program](#) as a final step – each of these treatment methods may include Motivational Interviewing to help you achieve the longest-lasting results.

If you choose to pursue any of the treatments described above, then you will be taught the mechanisms you need to help overcome your dependencies and addictions so that you can lead a drug-free life. Your efforts to partake in Motivational Interviewing will no doubt benefit you in a number of ways for years to come, so although it may be difficult to get started, you will certainly be glad that you did.

### Why Choose Motivational Interviewing (Mi) For Drug Addiction Treatment?

Experiencing a lack of motivation can make changing your thoughts and behaviors extremely difficult, so those who have fallen victim to addictions and are ambivalence about quitting will benefit massively from Motivational Interviewing (Mi).

At the end of the day, you are the one who has the greatest influence over your own actions, so you need to be the one who is able to change your ways for the better. If you can learn the skills needed to inspire yourself to transform your life and kick your drug dependencies or addictions to the curb, then you stand a far better chance of thriving long-term as a drug-free individual.

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